HOWARD COUNTY STRIDERS NEWSLETTER

Vol. 3 No. 1 March 1983

BLIZZARD OF '83

Howard County Striders Officers and Directors

David Tripp, President
Miles Weigold,
Vice President/Special Races
Warren Ohlrich, Treasurer
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Bob Harroun/Youth
Gayle Baruth/Women
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& Selections
Martin Goode/Newsletter
Bob Carels/Membership
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Tim Beaty/At Large
Roy Sedge/At Large
Al Yergey/At Large
Bruce Reid/At Large

Howard County Striders Newsletter Staff

Martin Goode, Chairman; Suzy Wenk; Jerry Frankenfield; Miles Weigold; Judith Tripp; David Tripp; Marsha Hartz; Gayle Baruth; Don Uphouse; Bob Harroun; Bruce Reid; Helen Beyers.

Statement of Strider Philosophy

The Howard County Striders, Inc. (HCS) is a non-profit organization dedicated to promoting and educating people on the physical and mental health benefits of long distance running. Through its major focus on participation in a running program, the club supports a wide range of competitive, non-competitive and educational events and seminars. The club is an accredited chapter of the Road Runners Club of America (RRCA). Membership in the HCS is open to the public, and automatically includes membership in the RRCA. Membership in the HCS also entitles individuals to reduced fees in all weekly race programs, and eligibility for a number of grants and programs. For further information on membership, contact Bob Carels, 9338 Farewell Road, Columbia, MD 21045 (730-0291), or visit Feet First, the club's unofficial headquarters, in the Wilde Lake Village Green in Columbia. Feet First has membership forms as well as a selection of club T-shirts, tank tops and patches, all on sale at cost.

WANTED: VOLUNTEERS TO WORK THE CLYDES RACE ON MAY 1st. FREE OFFICIAL TEE SHIRT, REFRESHMENTS, AND 10 BONUS POINTS IN THE CURRENT RACE SERIES. BEST DEAL IN TOWN. (Clip and send)

Name _____

Telephone _____

Send to Miles Weigold, or turn in slip at Feet First or weekly race series.

President's Column

by Dave Tripp

On Wednesday evening, January 12, 1983, the Striders' 1982 year came to a close with the annual membership meeting held at The Other Barn in the Oakland Mills Village Center. I guess we've become something of a victim of our own success, as approximately 200 people showed up. The logistics of a pot luck supper, awards presentation and business meeting for that many participants, on a week night, may preclude an exact duplication next year.

Anyway, for those of you who couldn't attend, it was a great deal of fun, and very productive as well. The newly elected Board of Directors, with individual areas of responsibility, is listed on the inside front cover of this newsletter. If you can help out, or if you have a problem, talk to one of these individuals — nicely! Please try to be polite and constructive; after all, they are volunteers putting forth a great deal of effort on your behalf.

For the record, and for those of you who missed the annual meeting, I think a brief recap of Striders' year 1982 is in order.

- Our membership topped 600
- A total of more than 100 successful races organized, including the weekly series races, the Resolution Run, the Valentines Day Cross Country Race, the Easter 5000 Meters on the track, the Meet of Miles, the Model Home Park 5K, the Women's Distance Festival and the Turkey Trot, plus
- Five major special races: The MD/DC RRCA Team Ten Mile Challenge Race; Clydes American 10K; the Columbia Birthday Classic Half Marathon; Columbia's Columbus Chase; and the Howard County Times Metric Marathon. These five races attracted over 3,500 entrants. Each race was very successful for the runners, the Striders, the sponsors and two charities (the Howard Community College Education Foundation and the Howard County Chapter of the American Cancer Society). You need only look at the winners of each of the five respective races to get a picture of the quality of the participants: Dave Rinehart and Kathy Heckman; Matt Wilson and Debbie Pavik; Henry O'Connell and Alyssa Terry; John Doub and Marge Rosasco; and, Jeff Smith and Laura de Wald. If that's not enough, Terry Baker, who won the Cherry Blossom over Bill Rodgers and who placed seventh in the Boston Marathon among the other notable achievements during 1982, competed here twice without winning!
- Four high quality, first class newsletters
- An active, productive and respected Women's Committee
- The Youth Striders Track and Cross Country Teams, with their excellent participatory program which produced numerous National Class Qualifiers.
- Two victories in club challenge races – that's four straight wins.

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Meet Ron Berk

by Helen Beyers

About a year ago as I drove home from work around 5:15, I started seeing a dark-haired, bearded, pleasant-looking man in a bright orange sweat suit with colorful suspenders running around my neighborhood. He always waved and seemed to be enjoying his running immensely. I later found out that his name is Ron Berk.

Ron is 36 years old and has two very small daughters, a one year old and a three year old. About a year and a half ago Ron took a thoughful look at himself and his life, and decided that the one thing he wanted most in the world was to be around when those girls grew up. So he went to his doctor and asked what he could do to ward off the chances of a heart attack, etc. "Lose some weight and run a couple of miles every other day", was the advice he received. Ron took those words to heart and started running that evening. After two months he could run two miles and the next Sunday he ran the Striders' two-mile race. He has been running with the Striders ever since and feels that the club has been most supportive and encouraging.

Ron is an associate professor of educational research at Johns Hopkins University. As part of his profession, he does a lot a writing – he has published three books and over 50 journal articles, and is currently working on three other books. He sees a distinct parallel between running and writing. Writing is such a mental challenge and running is such a physical challenge. He also sees a parallel between his races and his writing – a 10K race being like an article and a book like a marathon. When he's writing he tries to finish one more page, one more chapter, etc., and when he's running he tries to go one or two miles further before he stops.

Ron's wife is an obstetrician gynocologist at Washington Hospital Center, so between them they have very mixed-up schedules. He often must resort to baby sitters for the Strider runs on Sunday as well as the "big" races – he had to do this for both the Clyde's and the Columbus Chase.

During races Ron often finds himself in a small group towards the back of the pack. He and his group joke and generally have a good time. They usually meet the front runners coming back from the turn around point who, by contrast, tend to be VERY serious.

Ron has had two injuries that kept him off the roads for awhile – a knee inflammation and tendonitis in the left foot. In both cases when he recovered from these he felt a challenge to overcome the injuries and to do better than he had before. In talking to Ron it is impossible not to catch some of his enthusiasm and his sense of good fun. It is refreshing to talk to someone who is not overly concerned about his time and distance and enjoys thoroughly the running for the way it makes him feel.

Coast of Maine Marathon

by Carol Galbraith

The coast of Maine and the race organizers' attention to detail made this an enjoyable race. Mist and fine rain made it wet and cool.

Beginning in Kennebunk (75 miles north of Boston and 11 hours north of Columbia), the course winds through the Kennebunk port, Cape Porpoise, Goose Rocks, and Fortune Rocks, and ends on the campus of the University of New England. It is described as having some rolling hills, but no one from Howard County would call it hilly.

The race organizers' care for detail begins with the envelope accepting each entry; it contained not only directions to the starting line and other useful information, but also the runner's race number. You are ready to go. Clean dormitory rooms for $10.00 per person per night made lodging affordable. Dinner the night before was all-you-can-eat for $3.50: spaghetti (with good sauces for carnivores and vegetarians and noodles cooked al dente), salad, fresh fruit, bread (white and wholed grained), hot vegetables, and dessert.

The race began Sunday, May 30, at 7:00 A.M. The wake-up call at 4:00 A.M. was followed by free coffee in the cafeteria and a bus ride to the start, where runners could stay inside to warm-up, stand in line for the usual, and tag baggage for pick-up at the finish. For more than the first five miles, the entire road was reserved for runners (the field limited to 1,000). Every mile was marked on the road with eye-level signs visible at least forty yards away. Fluids were ready every two and one-half miles and intermittently where neighborhood spectators set out their own tables. To call the all-paved course scenic is a cliche'. It is all-green or rocky coast, even in the last six miles, for those who are conscious enough to enjoy it. The campus appears half a mile away; the finish line and clock, at the end of the last downhill. Clam chowder served in the warm cafeteria was the finishing touch.

The winners were Gary Wallace (2:25:38) and Lisa Muller (2:52:25), but everyone who took part in this event came out a winner.

Owen Brown Liquor is now giving Striders a discount (10%) on beer and wine only. Member must show current membership card.

Howard County Striders Race Results — PR's

Jim Carbary	Dallas White Rock	2:46:47	PR's
Martin Goode	Columbus Chase 10K	33:30	PR's
Martin Goode	Phila. Distance Run 13.1	1:13:09	PR's
Carl Williams	Columbia Chase 10K	37:51	PR's
Jeremy Kusnetz	DCRR Ten Mile Track	72:44	PR's
Joe Wagner	Longfellow Ten Mile	64:04	PR's
Joe Wagner	Thunderhill 10K	38:38	PR's
Joe Wagner	Hopewell 15K	59:00	PR's

Adaptions to Exercise

by Bruce Reid

Reference: *"The Heart and Lungs at Work"*, J. Wilmore and A. Norton

Long-term endurance conditioning which builds up over periods of weeks or years as an individual undergoes repeated sessions of exercise result in long-lasting adaptations of the cardiovascular and respiratory systems with the ultimate target being delivery of oxygen to the active tissues. The chronic changes alter the individual's overall fitness, making the heart and lungs more efficient and better able to maintain high rates of oxygen supply to the muscles.

Exercise activities fall into six major categories:

(1) Flexibility
(2) Strength and power
(3) Speed (anaerobic process)
(4) Muscular endurance
(5) Cardiovascular endurance (aerobic or oxygen - transport processes)
(6) Relaxation

While all six are important from the standpoint of a balanced exercise program, the cardiovascular endurance component is generally regarded as the most important for physical conditioning because of its relationship to the health of the cardiovascular and respiratory systems.

Following a training or conditioning program, the heart rate is lower at rest, during standardized submaximal exercise, and during recovery from either a maximal or a standardized submaximal session of exercise. The magnitude depends upon:

(1) The type of training activity
(2) The frequency of participation
(3) Intensity of program
(4) The duration of each training session
(5) The duration of the total program
(6) The subject's initial level of fitness

For standardized, submaximal levels of work, the heart rate will be considerably lower following training, the magnitude of change being determined by factors noted above. It is not unusual to observe a 20 to 40 beat/minute decrease in submaximal heart rate following a 6-month training program of moderate intensity.

In addition to heart rate changes with endurance training, other cardiovascular, respiratory, metabolic and body composition variables change to facilitate the delivery of oxygen to the active muscles during exercise. Table I below lists typical values, before and after a training program, for a number of physiological and body composition parameters. In addition, the values for a world class endurance runner are listed for comparison purposes.

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Table I. Hypothetical Physiological and Body Composition Changes in a Sedentary Normal Individual Resulting from an Endurance Training Program, Compared to the Values of a World-Class Endurance Runner of the Same Age.

VARIABLES	SEDENTARY NORMAL PRE-TRAINING	SEDENTARY NORMAL POST-TRAINING	WORLD-CLASS ENDURANCE RUNNER
CARDIOVASCULAR			
HRrest, beats/min	71	59	36
HRmax, beats/min	185	183	174
SVrest, ml[2]	65	80	125
SVmax, ml[2]	120	140	200
$\dot{Q}$rest, liters/min	4.6	4.7	4.5
$\dot{Q}$max, liters/min	22.2	25.6	34.8
Heart volume, ml	750	820	1,200
Blood volume, liters	4.7	5.1	6.0
Systolic BPrest, mmHg	135	130	120
Systolic BPmax, mmHg	210	205	210
Diastolic BPrest, mmHg	78	76	65
Diastolic BPmax, mmHg	82	80	65
RESPIRATORY			
$\dot{V}$Erest, liters/min (BTPS)	7	6	6
$\dot{V}$Emax, liters/min (BTPS)	110	135	195
f rest, breaths/min	14	12	12
f max, breaths/min	40	45	55
TVrest, liters	0.5	0.5	0.5
TVmax, liters	2.75	3.0	3.5
VC, liters	5.8	6.0	6.2
RV, liters	1.4	1.2	1.2
METABOLIC			
a-$\bar{v}$ O^2 diff rest, ml/100 ml	6.0	6.0	6.0
a-$\bar{v}$ O^2 diff max, ml/100 ml	14.5	15.0	16.0
$\dot{V}o_2$ rest, ml/kg.min	3.5	3.7	4.0
$\dot{V}o_2$ max, ml/kg.min	40.5	49.8	76.7
Blood lactate rest, mg/100 ml	10	10	10
Blood lactate max, mg/100 ml	110	125	185
BODY COMPOSITION			
Weight, lb	175	170	150
Fat Weight, lb	28	21.3	11.3
Lean Weight, lb	147	148.7	138.7
Relative Fat, %	16.0	12.5	7.5

[1] *6-month training, jogging 3-4 times/week, 30 min/day, at 75% of his Vo_2 max.*
[2] *Upright position.*

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Striders Win

by Martin Goode

This year's Maryland/D.C. RRCA Club Team 10 mile race, "the Challenge Race" was thought to be one in which the Howard County Striders would succumb to the other tough running clubs and give up their championship title. The hopes of some weren't high as the club moved into the championship race, with good reasons to back up their view. The Striders had several "key" runners injured or having moved from the area, so some might have just prayed that the club could keep from being blown out.

As it turned out, the Striders main concern, the Baltimore Road Runners finished in fifth place. Now, for the fourth time in four years, the Howard County Striders are the Maryland - D.C. Road Runners Club of America Champions.

This year's race, held on February 27, which started and finished at Howard Community College attracted 288 runners; seventy-five were club members. Eight area RRCA clubs were represented, as the Striders pulled off their "miracle".

The team standings were compiled by adding the finishing positions of each team's first sixteen finishers, with the low score winning.

An interesting piece of trivia is the fact that the Strider's 30th finisher beat all the other clubs' eleventh finisher, which proves the fact that the Striders were strong that day.

The course's layout lent itself to fast times, as eleven Striders were under 60 minutes, and 100 of the 280 + runners were under 65 minutes.

Leading the way for the club was Jim Clelland, who finished fourth overall. Paul Sobus, Don Uphouse, and Joe Thomas followed Clelland on the team.

Martin Goode was the fifth Strider in, as Rod Young was the sixth, as well as first 18 and under finisher.

Catherine Brandenstein was the first Strider female to finish, and sixteenth female overall.

The race volunteers were greatly appreciated, for their help in making this race the best one we have ever had. Without the helpers, the Striders couldn't put out as spectacular performances as we do. These are the people who make Striders' race, special.

Challenge Race

Name	Club	Time
1. Dave Shefer	FS	51:15
2. Jeff Smith	QC	52:33
3. James Cooper	MC	52:52
4. Jim Clelland	HC	52:57
5. Terry Rauch	FS	53:09
6. Bob Thomas	QCS	54:11
7. Mike Van Beuren	AS	54:13
8. Tom Thornhill	FS	54:39
9. Randy Merriman	MC	54:40
10. Wendell Winfield	QC	54:48
11. Dave Rinehart	QC	54:49
12. Bob Oberti	DC	55:22
13. Paul Sobus	HC	55:25
14. Don Uphouse	HC	55:34
15. Joe Thomas	HC	55:54
16. Dwayne Neal	FS	56:06
17. Tom Langan	QC	56:07
18. Ben Hyser	BRR	56:20
19. Earl Swartzendruber	BRR	56:22
20. Brian McDonald	Unoffical	56:40
21. Martin Goode	HC	56:49
22. Rod Young	HC	57:02
23. Mike Niles	HC	57:14
24. David Prevo	Unoffical	57:21
25. Tom Dudley	QCS	57:23

Team Results

(HC) Howard County Striders	470
(FS) Frederick Steeplechasers	1046
(DC) D.C. Road Runners Club	1149
(QCS) Queen City Striders	1348
(BRR) Baltimore Road Runners	1413
(MC) Montgomery Cty. Road Runners	1448
(AS) Annapolis Striders	1473
(WRR) Westminster Road Runners	1919

Strider Finishers

31.	Kerry Baruth	58:47
34.	Warren Ohlrich	59:21
40.	Bob Burns	59:48
42.	Phil Riehl	60:00
43.	Jerry Warfield	60:08
44.	Dan Clark	60:11
46.	Phil Broughton	60:21
50.	Scott Larcher	60:45
62.	Reginald Hahne	62:04
64.	Dan Mitola	62:07
65.	Hubert Chadwick	62:19
66.	Jerry Andrews	62:25
67.	Dave Tripp	62:28
68.	David Sears	62:40
69.	Mark Konodi	62:43
71.	Piriya Pinit	62:46
73.	Jim Redding	62:54
81.	Richard Brockway	63:38
82.	Joe Wagner	63:39
84.	Neil Cucuzzella	63:42
91.	John Koerner	64:05
92.	Ralph Olinger	64:09
94.	Steve Pease	64:12
97.	Chuck Gentry	64:43
103.	Clarence Wingate	65:04
105.	Kevin Craven	65:22
122.	Al McKim	66:40
128.	Ev Rice	67:02
135.	Steve Clark	67:31
136.	Richard Rosen	67:34
138.	Hubert Greenberg	67:51
142.	Jim Martin	68:15
143.	Chris Demmitt	68:28
151.	E. H. Trottier	69:00
155.	Bob Rabold	69:26
158.	Scott Davidson	69:46
165.	Bill Spencer	70:30
170.	Bert Moore	71:31
173.	Joe Bronder	71:56
178.	Ben Herlein	73:17
182.	Rusty Toler	73:52
185.	Ed Humphries	74:02
187.	Todd Kane	74:16
191.	Ken Brake	74:33
192.	Bob Brown	74:36
200.	Skip Wenk	75:58
201.	Bob Somers	75:58
203.	George Eikenberg	76:02
205.	Lanny Specht	76:28
207.	Pat Cullen	76:39
217.	Bob Jenkins	77:20
219.	Jim Bibb	77:50
224.	Robert Vigorito	78:17
229.	Martin Decker	78:41
231.	Michael Miller	78:58
232.	Graham Whitted	79:19
237.	Cathy Brandenstein (F)	79:53
238.	Bill Brandenstein	79:53
247.	Liz Humphries (F)	82:07
248.	Ed Christie	82:19
256.	Lydia Ross	84:52
261.	Jeremy Kusnetz	85:38
262.	David Sweeney	85:44
274.	Arleen Kvech (F)	89:43
275.	Tim Kvech	89:43
279.	Stan Kuxnetz	92:57
282.	Carolyn Patton (F)	96:25
288.	Bill Klein	121:30

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SYMBOLS AND ABBREVIATIONS

HR	Heart rate
HR max	Maximal heart rate
Q	Cardiac output
ml	Milliliter
min	Minute
a-v O_2	Difference in oxygen content between arterial and mixed venous blood
pH	Negative log of H+ concentration
SV	Stroke volume
Vo_2	Oxygen consumption
Vo_2 max	Maximal oxygen consumption
Vco_2	Carbon dioxide production
R	Respiratory exchange ratio
V	Minute volume (total expired air volume per minute)
f rest	Respiratory rate resting
f max	Maximal respiratory rate
MET	Metabolic equivalent to the resting Vo_2
f_R	Respiratory frequency
V_I	Inspired gas flow
F_{IO_2}	Fraction of O_2 in inspired gas
F_{ICO_2}	Fraction of CO_2 in inspired gas
F_{EO_2}	Fraction of O_2 in expired gas
F_{ECO_2}	Fraction of CO_2 in expired gas
STPD	Standard temperature and pressure for dry gas
BTPS	Body temperature and ambient pressure for gas saturated with water vapor
V_E	Expired gas volume (minute volume)
TV	Tidal volume
VC	Vital capacity
RV	Residual volume

Table I illustrated the tremendous adaptability of man, as well as demonstrates the great spread in values between a trained normal and a highly trained and skilled athlete.

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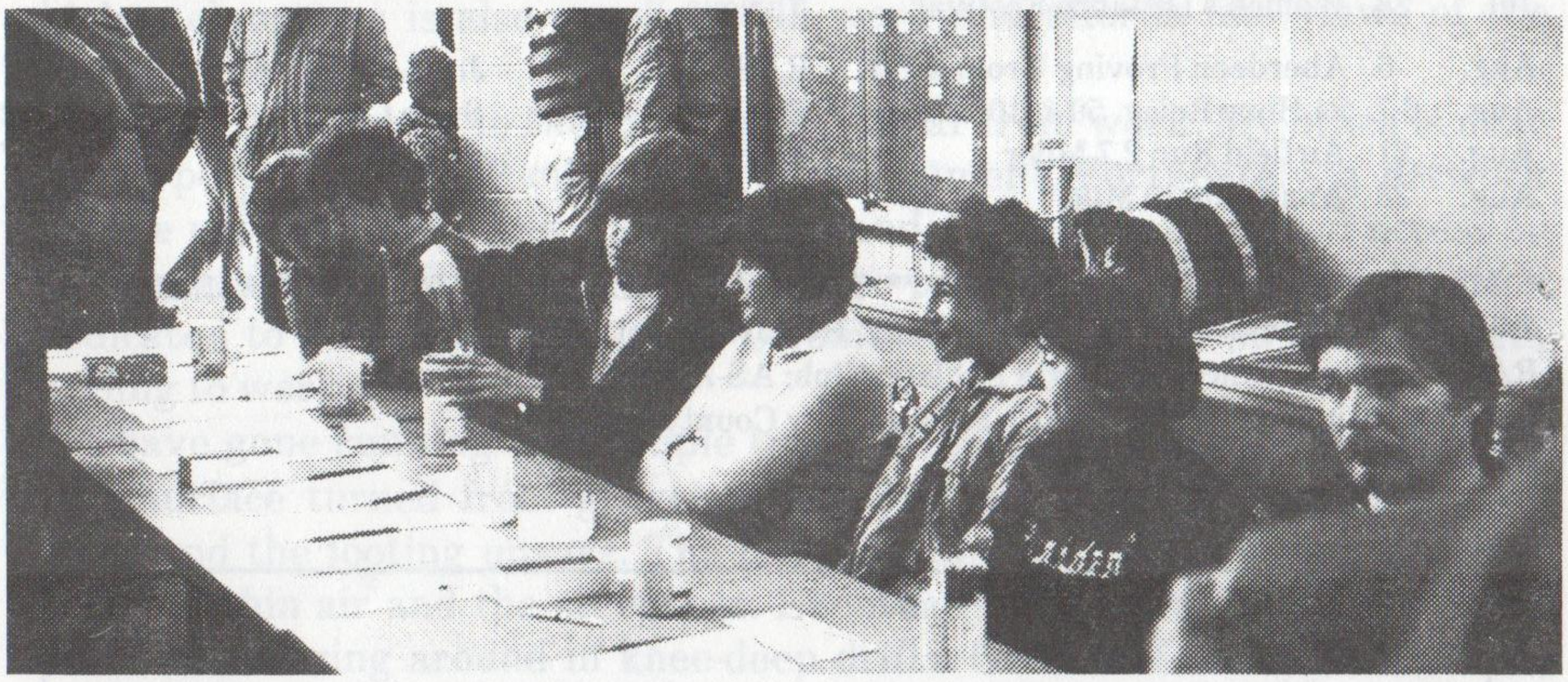
- Support for the quality runners, with expense money for the 24 Hour Relay Teams, the T.A.C. Youth Championships in Cincinnati, the Racing Team and for the top Boston Marathon qualifiers.
- And, finally, all this and much more, and we had a positive cash flow for 1982, and we begin 1983 in solid financial shape.

Shots From Challenge Race



1983 Boston Marathon Qualifiers

Don Uphouse	24	Boston	2:29	Kathy Heckman	26	Richmond	2:54
Dick Hipp	43	Boston	2:35	Dan Mitola	43	New Orleans	2:55
Paul Sobus	23	Boston	2:43	Al Yergey	41	Boston	2:56
Warren Ohlrich	43	Boston	2:43	Dave Tripp	41	New York	2:56
Bob Burns	30	Marine	2:46	Ed Trottier	39	Philadelphia	3:01
Mark Konodi	26	Marine	2:47	Ellen Elwell	24	Marine	3:02
Phil Riehl	28	Marine	2:47	Clarence Wingate	52	Marine	3:15
Jerry Warfield	38	Marine	2:47				

On January 9, 1983, Dan Mitola ran his Boston qualifying time in the Greater New Orleans Marathon. His time was 2:55:37. It was the first year for the "downtown" vs. "bridge" Madri Gras Marathon. The course was a flat figure eight. Weather was 65°, and police and aid stations were excellent. He recommends it to anyone looking for a fast time in a winter marathon.

Spring/Summer

1983 MD/DC RRCA FIXTURES LIST

DATE		EVENT	CLUB	CONTACT	PHONE
Apr.	9	Bryon Kaufman 10K	BRRC	Mike Pierre	301/433-6715
Apr.	10	Maryland Marathon	BRRC	Mike Pierre	301/433-6715
Apr.	17	Fritzbe's Pke Race 10K	MCRRC	John Sissala	301/340-8107
Apr.	18	Boston Marathon	BAA	BAA Marathon	617/236-3322
Apr.	24	Bel Air Town Run 5 K	RASAC	Joe Lacetera	301/877-0718
May	1	Clydes American 10K	HCS	Warren Ohlrich	301/922-5800
May	8	Bonne Belle 10K	—	Carole Herrick	703/768-5221
May	22	Bay to Breakers	RRCA Convention	Len Wallach	415/777-7770
May	29	Constellation 10K	BRRC	Mike Pierre	301/433-6715
Jun.	4	Hecht's 10 Mile	DCRRC	Susie Cooper	703/920-5238
Jun.	11	Cumberland 10 Mile **	QCS	Don McCreary	301/724-8893
Jul.	4	Fourth of July 4 Mile	RASAC	Joe Lacetera	301/877-0718
Jul.	23	Women's Distance Festival	Various	—	—
Aug.	6	Aberdeen Proving Ground 10K	RASAC	Joe Lacetera	301/877-0718
Aug.	6-7	24 Hour Relay, 50 & 100 Milers	DCRRC	Susie Cooper	703/920-5238
Aug.	21	Airfield Run 2.7 Miler	RASAC	Joe Lacetera	301/877-0718
Aug.	28	Annapolis 10 Mile *	AS	Mike Van Beuren	301/263-8125

* MD/DC RRCA CHAMPIONSHIP ** EASTERN REGIONAL RRCA CHAMPIONSHIP
WRRC-Westiminster RRC: DCRRC: HCS - Howard County Striders;
RASAC - Renaissance All Sports Athletic Club; AS-Annapolis Striders;
BRRC - Baltimore RRC; MCRRC - Montgomery County RRC;
QCS - Queen City Striders

Parks and Recreation Needs
Trophies for the Special Olympics.
If You have Any to Give, Please
Call
BARBARA NEUGENT —
465-6882.
She Will Make Arrangements for
Them to be Picked Up.

Feb. 18, 1983

Jim Carbary
3100 Jane Place, NE, Apt J203
Albuquerque, NM 87111

Dear Friends:

The first thing I did after arriving in Albuquerque was go running. I ran north through the University of New Mexico campus. Encountering a number of joggers, I concluded that this was, in fact, a good city.

I moved into an apartment complex about 2 miles from the first slopes of the Sandia Mountains. My idea was to live within easy running or walking distance of the mountains. In addition to being close to mountain trails, I can train on fine residential roads that go up into the foothills. I have found these roads to be essentially traffic-free even at rush hour. Running up to higher elevations is also excellent hill work and affords fine views of the city after dark.

Although I'm close to the mountains, I'm far from work. My office is near the airport, which is 12 miles from my apartment. Fortunately, a network of bike paths criss-crosses Albuquerque and gives bicyclists good access to most parts of the city. Some of these bike paths are narrow asphalt roads dedicated to bikes only, just as in Columbia. Thus, I have no real problem cycling to work.

I have gone running up a couple trails in the Sandias. As I ascended the trail surface turned from gravel to mud to, finally, snow. The slope was steep and the footing unsure. The higher I ran, the more I labored against both the thin air and the steepness. Eventually, the snow got so deep that I was floundering around in knee-deep drifts. On one of the trails at least, hikers had cleared a path through the snow and I was able to stagger to the crest of the mountain range at 10,000 feet. I needed about an hour to run the 4.3 miles from the trailhead to the top. Going down was not much fun, either, because of the steepness and the switchbacks. I was out of control.

No doubt about it. This mountain running is a different sort of running than we do in the east. Surprisingly, I found myself not so much out of breath as simply tired. The mountain runs test different muscles than I am used to and I was sort of sore after the runs. I will have to train more on the mountain trails. I understand there is a footrace in the spring up a 7.8 mile trail and I intend to run it.

After much searching, I located a running store. The man who works there is a real runner - skinny and weathered. The store is located near the University and is the only place I have found so far that has race announcements.

The selection of winter races is not overwhelming. In this area, the January and February races seem to be staged at a rate of 2 or 3 per month. These tend to be specialty races: 5 km Valentine's Day race for couples only,

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or a 5 mile race for master's only. Of course, there are races for those willing to travel. There's the Phoenix Marathon, a 10 km race in El Paso, an 8 mile river run in Las Cruces. Each of these races are over 200 miles away from Albuquerque. I feel no compulsion to drive half a day to run a few miles, even for glory. The race schedule seems to get better in March and April, with perhaps one race per week. I guess these people don't run much in the winter season.

I have not yet found a running organization to affiliate with. The man at the running store suggested the New Mexico Track Club. Sounds like TAC - type outfit. Besides, I'm a road racer, not a track man. If any of you know of an RRCA - based club in the area, perhaps you could relay the information. Until I do join a new outfit, I'll continue to wear the Howard County Strider singlet to races.

Sorry I can't run in that Challenge Race this year. I always looked forward to that race. But you've got enough talent to win again - just push them on the hills. Good luck. If you think of it, let me know the results.

— Jim

STRIDER SHORTS

• Feet First is still selling Striders' tank tops as well as other Striders' items: patches, hats, shirts, etc.

• Recently, former Atholton distance runner Carolyn Forde ran a national championship qualifying 9:29.23 to place second in the 3,000 meter race. In the process, Carolyn set a new Maryland indoor track record.

• 48 years old, Ken Brake ran a PR of 3:18 in Washington's Birthday Marathon.

• To qualify for Olympic Trials, you must run that time between Boston Marathon, 1983 - Boston Marathon, 1984. Qualifying times are: for the women 2:52:16 and for the men 2:19:30.

• Feet First is offering all current Strider's members a 10% discount on running shoes during the month of April. Please show your current membership card and say you saw it in the newsletter.

• A Running Class/Clinic for all levels of runners will be held at Kahler Hall, in Joseph Square, on Monday evenings 7:30 - 9:00 P.M., from April 25 - May 23. The class will be conducted by Warren Ohlrich, owner of Feet First. For more information contact the Program Coordinator, Mary Greenberg at 730-0770, Monday through Friday, 9:00 A.M. - 2:00 P.M. You can sign up at Kahler Hall any time during their normal hours.

• This newsletter is the first produced by a new newsletter staff under the direction of Bruce Reid and Martin Goode. Any interested writers, photographers or artists are encouraged to call Bruce or Martin to help contribute to the newsletter.

• Arlene Kvech has leftover corningware dishes from the Annual Meeting; if they are yours call her at 465-7735.

County Indoor Championships

by Suzy Wenk

Several Striders teens competed in the Howard County Indoor Championships. Kenny Fowler won the one mile, just beating Rod Young with a 4:43. Karl Yergey finished fourth in that same race.

In the boys' two mile race, Rod Young earned his first indoor title. He ran a fast 10:25. Striders' Karl Yergey and Steve Baker placed fifth and sixth.

In the girls' meet, Beth Yergey ran two of her best races, finishing first in the one mile, with a 5:46; also second in the two mile with a 12:35. Jennie Chapman won the two mile race with a 11:59.

Three other Striders who did well were Holly Heller, Carrie Scherer, and Deidre Tiffany. Heller; won the half mile with a 2:41; Scherer ran a 5:49 in the one mile, placing her third; and Deidre Tiffany placed fifth in the two mile.

Many of the high school runners participated in the Regional Meet (a qualification for the state meet). Rod Young won the two mile race with a 10:25. He also placed second to Kenny Fowler, who won with a 4:41.

Holly Heller was a double winner, winning the one mile with a 5:44 and the half mile with a 2:42. Beth Yergey placed second in both the one mile and the two miles races. Again, Jennie Chapman won the two mile with a 12:02.

County Indoor Track Championships

1600 Meter Run

1. K. Fowler, Cent 4:43
2. R. Young, Hem 4:44
3. A. Folwer, Cent 4:47
4. K. Yergey, Ath 4:49

1600 Meter Run — Female

1. B. Yergey, Ath 5:46
2. L. Kegley, Gle 5:48
3. C. Scherer, Gle 5:49

3200 Meter Run

1. R. Young, Ham 10:25
2. A. Fowler, How 10:30
3. G. Gray, Gle 10:48

3200 Meter Run — Female

1. J. Champman, Wl 11:59
2. B. Yergey, Ath 12:35
3. L. Breault, Gle 13:34
5. D. Tiffany, How ..... Unknown

800 Meter Run

3. M. Stine, Ham ..... Unknown
5. K. Fowler, Cent ..... Unknown

800 Meter Run — Female

1. Holly Heller, Gle 2:41

Regional Championships

1600 Meter Run

1. K. Fowler, Cent 4:41
2. R. Young, Ham 4:42
3. A. Fowler, How 4:47

1600 Meter Run — Female

1. H. Heller, Gle 5:44
2. B. Yergey, Ath 5:47
3. L. Kegley, Gle ..... Unknown

3200 Meter Run

1. R. Young, Ham 10:25
2. G. Gray, Gle 10:30

3200 Meter Run — Female

1. J. Chapman, Wl 12:02
2. B. Yergey, Ath 12:37
6. D. Tiffany, How ..... Unknown

800 Meter Run

5. R. Burgio, Gle ..... Unknown

800 Meter Run — Female

1. H. Heller, Gle 2:42